

Troubleshooting Back Discomfort

Guideline

Issue Date: 6/12/18

Revision Date: 7/17/18

Are you sitting with your hips back to consistently rest your back on the chair backrest?

Correct Posture



Backrest provides consistent back support.

Incorrect Posture



To correct, move your hips back into the back of the chair.

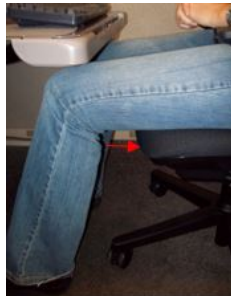
Is the front edge of the seat 2-3 finger widths from hitting your calves during sitting?

Correct Posture



Consistent leg support.

Incorrect Posture



To correct, adjust seat depth forward to improve leg support.

Are your feet supported?

Correct Posture



Feet are supported on the floor or a footrest.

Incorrect Posture



To correct, lower chair height or use a footrest.